

# 5 STEPS TO EMBRACING YOUR POTENTIAL:

A ROADMAP FOR PROFESSIONAL WOMEN  
READY TO TRANSFORM

*DeAndra Giselle*



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You have  
everything you  
need to be  
successful

DeAndra Giselle



## INTRODUCTION

Welcome! Here is the roadmap to transform your career and unlock your potential. This book is structured for professional women to navigate their journey towards embracing their life or career transition. Each section will dive into specific strategies, real-life examples, and actionable steps to facilitate transformation and growth.

In every transition, there is struggle, uncertainty, and confusion, whether it's in your personal or professional life. This is partly because it is uncharted territory, and you're a woman who needs to know the who, what, when, where, and why before you make a move. However, I encourage you to let go through this process. Believe there is a reason for this season and allow it to unfold how it may.

Throughout this book, there will be no separation between personal and professional life because they involve you. We can't explore one without tapping into the other. Personal growth is needed to propel professional growth. When you develop strategies to better yourself, your career will inevitably evolve.

I ask you to commit to doing the work of being better for you. What does this look like?

- Do the activities in this book
- Reflect on your answers
- Be vulnerable

The work you are doing here is for you and only you. You don't need to wear your professional mask to convey a likable you. If you're weak, be weak; if you're scared, be scared; if you're mad, be mad; whatever your feelings are, feel them because that is when the real transformation begins.

“Once Committed  
Never Retreat.

DeAndra Giselle

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**Your Potential**

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## DEFINING POTENTIAL

The dictionary defines potential as latent (existing or not yet developed) qualities or abilities that may be developed and lead to future success or usefulness.

I agree with this definition, however I want to add more content and make it personal.

It is also a woman who is killing it in her career but is ready for more. She possesses qualities that provide success in her current career but doesn't use them for herself. These abilities have made someone else lots of money, and now it's time to use them for herself. Sound familiar?

You can't deny it; you wanted this book for a reason. If you're being truthful, your intuition is not wrong, and everything in your body and life tells you it's time. But first, you need to remember who the \_\_\_\_\_ (fill in the blank) you are.



"Be as bold for yourself as you are for others."

DeAndra Giselle







## RECOGNIZING LIMITING BELIEFS

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A limiting belief is the little voice that tells you you're an imposter. She voices her unwanted opinion on everything that could go wrong and reminds you of childhood and adult experiences that could stop you from reaching your goals. You need to silence her and tell her where to go because, as a child of God, there is absolutely nothing you can't do.

As Joyce Meyers puts it, you must think about what you're thinking to recognize these beliefs and thoughts. The minute a negative thought comes into your head, get the Sword of Truth, the bible, and look up your favorite scriptures that denounce everything negative that is swarming in your head.

### **Here are some of my favorites:**

Philippians 4:6: Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made.

Psalms 3:3: But you, O Lord are a shield about me, my glory, and the lifter of my head.

Deuteronomy 28:13: And the Lord will make you the head and not the tail, and you shall only go up and not down, if you obey the commandments of the Lord your God, which I command you today, being careful to do them.

John 15:16: You have not chosen me, but I have chosen you and I have appointed and placed and purposefully planted you so that you would go and bear fruit and keep on bearing, and that your fruit will remain and be lasting, so whatever you ask of the Father in my name He may give you.

## Scriptures continued:

Proverbs 3:5-6: Trust in and rely confidently on the Lord with all your heart. And do not rely on your own insight or understanding. In all your ways know and acknowledge and recognize Him, and He will make your paths straight and smooth (removing obstacles that block your way).

Philippians 4:13: "I can do all things [which He has called me to do] through Him who strengthens and empowers me [to fulfill His purpose—I am self-sufficient in Christ's sufficiency; I am ready for anything and equal to anything through Him who infuses me with inner strength and confident peace.]"

## Declaration Exercise

These are just a few scriptures, but I encourage you to go to the Word when the negative beliefs try to kill your excitement or your ideas.

Create a living document as you find scriptures to combat the limiting beliefs. The document will house all the scriptures you find and will read like a declaration to yourself. I created one for my family that I read over them and myself weekly. I read it out loud because words have power, and just like God created the earth with words, you have the same power.

## Here is an example of my family's declaration:

My children will grow strong and become strong, filled with wisdom. And the favor of God will be upon them. We (my husband, children, and myself) shall love the Lord your God with all our heart and with all our soul and with all our strength and with all our mind. Our delight is in the law of the Lord, and we are a tree, firmly planted and fed by streams of water, which yields its fruit in its season. The leaves of our trees do not wither, for whatever we do prospers and comes to maturity.

We will be strong in the Lord and his mighty power. We will sing to the Lord as long as we live. We will praise our God to our last breath! May all our thoughts please him, for we rejoice in the Lord. We will pay careful attention to our work, for then we will get the satisfaction of a job well done, and we won't need to compare ourselves to anyone else. For God, you tell us the truth, we can say to this mountain, 'May you be lifted and thrown into the sea,' and it will happen. But we must believe it will happen and have no doubt in our hearts.

One more note: Although these are scriptures from the Bible, I made it personal.

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2

# **Setting Your Vision**

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# CLARIFYING GOALS AND ASPIRATIONS

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When you want to achieve something, write it down and make it plan. A study shows that people who write their goals down are likelier to achieve them. This is because when you write something down, you commit to it. Think about why you have a signature. Your signature is committing to understanding an agreement or promising to do something.

How many contracts have you signed your name to? Did you fulfill your duties on the contract? Did you hold up your end of the deal? Because I know the woman you are, I know you did. It's time to write a contract (your goals and plans) for yourself and commit to it like you do for everyone else.

What are your goals and aspirations? I want you to be selfish and not think about kids, husband, family, or current career demands. What are YOUR goals and aspirations?

# Elite Goals

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## How to use elite goals

- Write down your answers in the boxes.
- Be sure to complete the answers to the best of your ability and take your time.
- Get a "master plan" journal to write any additional ideas and goals you have (suggested but not required).

A study from Dominican University of California, show that 42% of people who write their goals down get a clear understanding of their goals. They are also more likely to achieve them.

YOU WILL BE THE 42%

When doing the exercises remember to keep an open and positive mind. You have the power to achieve whatever you want to achieve. You must first make a plan, write it down, and make it plain.

# Write Out Your Ultimate Goal

Ask yourself: What does a successful business mean to you? What does it look like? What is your ultimate goal for your business? Picture it.

Be as detailed as possible and don't be realistic. DREAM BIG!

Example: I will...

- Make over \$200,000 a year and have financial freedom
- Be able to make \$200,000+ yearly without working excessive hours.
- Have work/family harmony and vacation once a year.
- Own an investment property and have several lucrative investments.

List your goals here:

# Break It Down!

What does it take to achieve your ultimate goal?

List out the tasks in no particular order.

Example: I need to.....

- Increase revenue on my side business
- Get more clients or customers

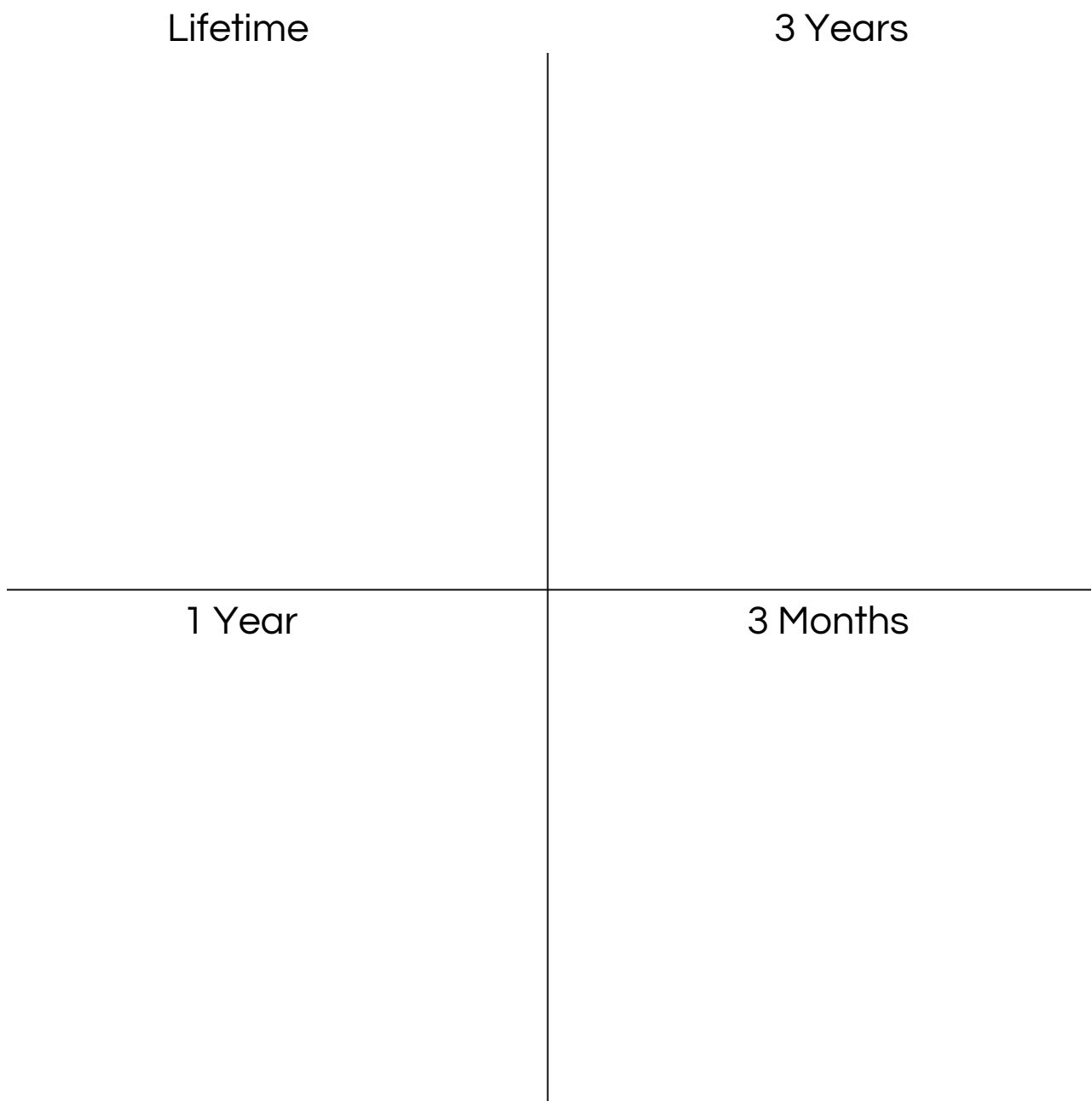
List all the tasks you can think of:



# Lifetime Grid

Take your tasks listed above and place them in the appropriate section.

Example: Getting more clients/ customers would go in the three-month section.



# Action Steps

What action steps can you take to make your 3 month goals happen? List 5 steps and dates you will finish them. Give yourself a realistic timeline to complete each task.

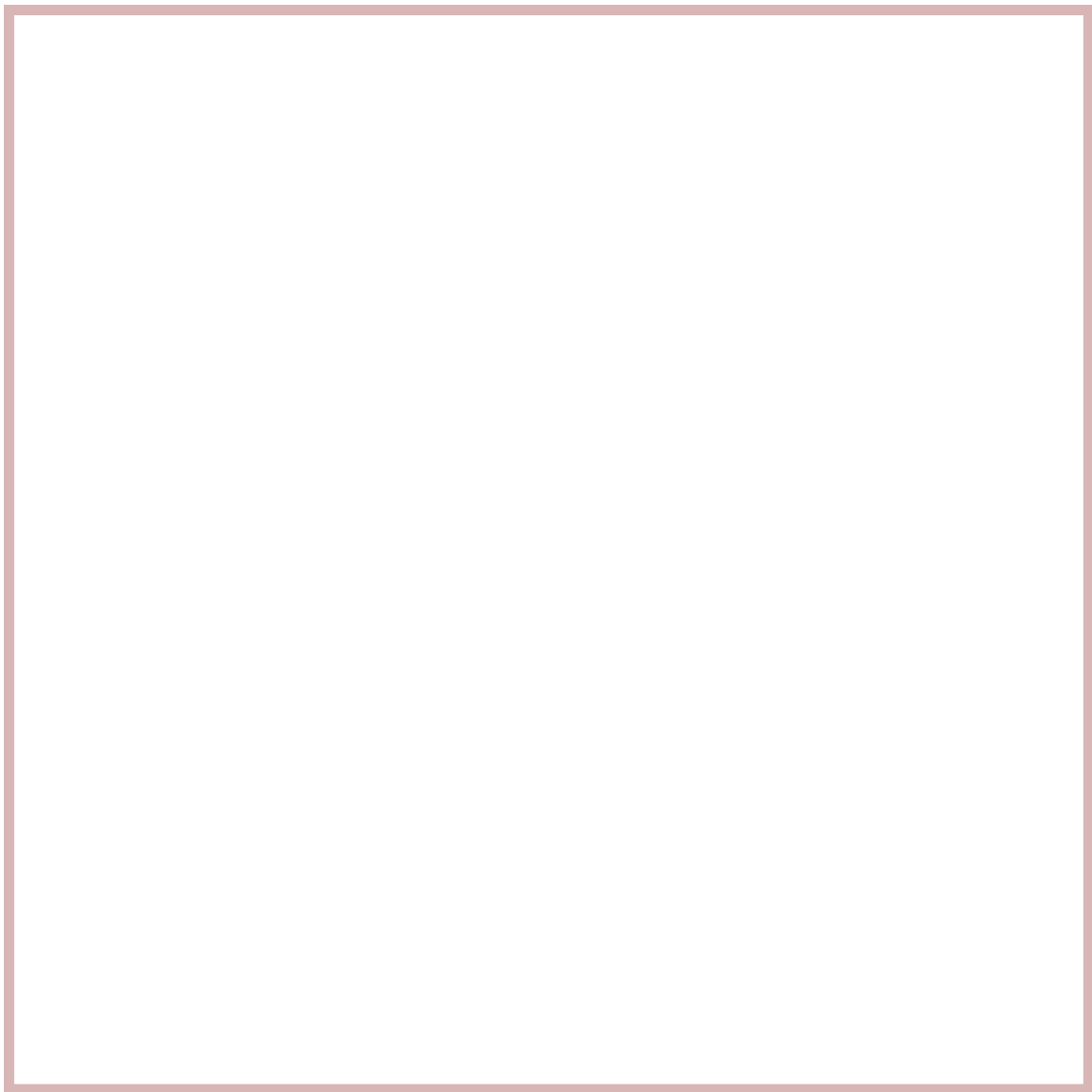
Action Steps	Due Date
Example: Get more clients / customers	04/10/24
1.	/ /
2.	/ /
3.	/ /
4.	/ /
5.	/ /

Setting due dates creates a sense of urgency. This gives you an extra push to finish the tasks.

You have your ultimate goal and action steps with due dates. It's time to prioritize! Go back to the table on the previous page and circle your number one task. This is where you start!

"Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty" - Theodore Roosevelt

### Additional Space for Brainstorming



# CRAFTING A VISION STATEMENT

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A vision statement helps you connect with what you want your company to achieve long-term. It also helps your customers know why you exist and the change you want to be in the world. For you, the vision statement will be the roadmap for making decisions that align with the company's purpose and objectives.

The formula for writing a vision statement:

- **Understand Your Purpose:** Consider the fundamental reason for the existence of your organization or project. What drives you? What change do you want to bring about? Define your purpose clearly.
- **Envision the Future:** Imagine what success looks like in the long term. Picture the ideal state you aim to achieve. Think about the impact you want to make and how you see the world once your goals are accomplished.
- **Define Core Values:** Identify the principles guiding your actions and decisions. These values should reflect your organization's or project's essence and serve as its moral compass.
- **Keep it Clear and Concise:** A vision statement should be clear, concise, and memorable. Avoid jargon and complex language. Focus on expressing your vision in an easily understandable and inspiring way.
- **Make it Ambitious yet Achievable:** Your vision should be aspirational but realistic. It should motivate and challenge you to strive for greatness while being attainable with effort and dedication.

# CRAFTING A VISION STATEMENT

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- **Inspire and Motivate:** Your vision statement should inspire stakeholders, employees, and anyone associated with your organization or project. It should evoke passion and commitment toward achieving the shared goals.
- **Review and Refine:** Draft your vision statement and revise it multiple times. Seek feedback from stakeholders to ensure it resonates with everyone involved. Continuously refine it until it encapsulates your vision accurately.
- **Communicate and Align:** Once finalized, communicate the vision widely within your organization or community. Ensure that it aligns with the goals and actions of the individuals involved. It should serve as a guiding light for decision-making and actions.

Here's an example of a vision statement from an online school:

"Empower individuals worldwide through accessible education and innovative technology, fostering a future where knowledge knows no boundaries."

Remember, a vision statement is a powerful tool for alignment and inspiration. It should encapsulate your aim and motivate others to contribute to that vision.

## ALIGNING PERSONAL AND PROFESSIONAL AMBITIONS

After writing a vision statement for your business, write one for yourself. This transition involves both personal and professional sides. Take the exact steps you took in crafting the vision for your business and write one for your personal life.



After writing both, it is a good idea to set them aside for a few days, then come back and see if you still feel aligned with both visions. If you are, you're ready to take action, but if it doesn't feel right. Wait, go back to the drawing board and write another one. You can't start working towards a vision that isn't clear.



There is no such thing as work/family balance. Sometimes you have to lean into work more and sometimes family more. You can work towards harmony.

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**3**

**Overcoming  
Barriers**

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## ADDRESSING IMPOSTER SYNDROME & SELF-DOUBT

If you find yourself procrastinating, being a perfectionist, people-pleasing, or having decision paralysis. You are experiencing imposter syndrome. You are doing anything and everything possible to not work towards your goals.

Imposter Syndrome is when you don't believe you deserve success or don't feel qualified to do or have something. Self-doubt is a lack of confidence in yourself, resulting in imposter syndrome. These two combined turn you into a procrastinating perfectionist who works hard to please others but can't make hard decisions.

Whether this sounds familiar or you don't believe you have this syndrome. A personality assessment will bring much insight into your actions.

Taking the personality assessment

The personality assessment I recommend is [Clifton Strengths Finder](#). This assessment will give you much insight into the reasons behind your efforts in both your personal and professional life. Although it is not free, the information provided will be more valuable than the dollar amount you spend because you are getting unstuck. Remember the reason why you downloaded this book. Will you let money stop you from getting to know yourself better?

When I took the assessment, I initially disagreed with my results, but as I sat with them and dug deeper within myself, I realized it was spot on. The evaluation pointed out my strengths, how to use them correctly, and how they can hinder me if I don't hone in on how to use them. Once I did the work, my professional career skyrocketed.



## **ADDRESSING IMPOSTER SYNDROME & SELF-DOUBT**

How did one test help me make more money? Because I am operating in my strengths. I delegate what I'm not good at and work on where I need to grow. I am now honest with what I can and can't do. It's empowering to know your strengths and operate in confidence with them.

Disclaimer: I am not sponsored by Clifton Strengths or Gallup and do not receive any profits from those who take the assessment.

## Strategies for Dealing with External Obstacles

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Obstacles are bound to happen in any transition, and the key is not to let them become barriers. The following strategies can assist with overcoming them:

- **Adaptability:** Be flexible and open to adjusting your plans or approach when faced with obstacles. Sometimes, the ability to adapt can be more effective than sticking strictly to a set path.
- **Problem-solving:** Break down the obstacle into smaller, manageable parts. This can make it less overwhelming and easier to tackle. Then, brainstorm potential solutions and evaluate their feasibility.
- **Seeking Support:** Don't hesitate to seek advice or support from others. Sometimes, a fresh perspective or guidance from someone with experience can be valuable.
- **Mindfulness and Resilience:** Practice mindfulness or meditation to build resilience. These practices can help you stay calm and focused amidst challenges, allowing you to approach obstacles more clearly.
- **Learning from Failure:** Embrace failure as an opportunity to learn. Understand what went wrong, analyze the situation, and take away lessons that can guide you in future endeavors.
- **Time Management:** Prioritize tasks and manage your time effectively. This can help prevent small obstacles from becoming larger due to lack of attention or time.

## Strategies for Dealing with External Obstacles

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- **Visualization and Positive Thinking:** Visualize yourself overcoming obstacles and maintaining a positive mindset. Optimism can be a powerful tool in facing challenges.
- **Developing Skills:** Continuously work on improving relevant skills. Sometimes, obstacles arise due to needing more expertise in a particular area. Developing skills can equip you better to handle challenges.
- **Focus on What You Can Control:** Identify what aspects of the obstacle you can influence or change, and concentrate your efforts there. Accept the elements beyond your control and adapt accordingly.
- **Celebrate Progress:** Acknowledge and celebrate even small victories or progress made towards overcoming obstacles. It can boost motivation and morale.

Remember, dealing with obstacles is a part of life, and how you approach them can significantly impact your ability to overcome them. Combining different strategies and finding what works best for your situation is critical.

## Building Resilience and Confidence

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Building resilience and confidence is a consistent work in progress. You must have a support group that reminds you who you are. You must remember who you are, a child of God, and He has given you the power of life and death; speak life.

“Death and life are in the power of the tongue, and those who love it will eat its fruits. -Proverbs 18:21 AMP

You build resilience and confidence by understanding yourself and putting God first.

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4

**Creating a  
Support System**

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# Importance of Mentorship and Networking

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Mentorship and networking play pivotal roles in shaping both personal and professional growth. A mentor acts as a guide, offering invaluable insights, advice, and support based on their experiences. They provide knowledge about a field or industry, sharing wisdom and lessons from their successes and failures.

Through mentorship, individuals access a wealth of information and guidance that can significantly accelerate their learning curve, helping them navigate challenges more effectively. Mentorship also fosters a sense of accountability and motivation, encouraging individuals to set and achieve higher goals while providing a safe space for seeking advice and feedback.

Networking is equally essential as it opens doors to opportunities that might not otherwise be accessible. Building a network of professional contacts allows individuals to connect with diverse perspectives, expertise, and resources. It creates a platform for exchanging ideas, gaining exposure to different industries or career paths, and discovering potential collaborations. Networking cultivates relationships that can lead to job prospects, project collaborations, or mentorship opportunities.

Beyond professional advantages, networking also enriches one's personal life by connecting individuals with like-minded peers, fostering friendships, and providing a support system through shared experiences and challenges.

In today's interconnected world, the strength of one's network often determines the range of opportunities available, making it an indispensable asset for personal and professional success.



## **BUILDING A SUPPORTIVE COMMUNITY**

Building a community involves creating connections and enabling a sense of belonging among individuals. A supportive community will help you achieve your goals when you build the right community—people with similar interests, goals, and hobbies. Here are three actionable steps to help build a community:

1. **Identify Common Interests or Goals:** Identify a common interest, goal, or cause that brings people together. This could be a hobby, a professional interest, a shared concern, or a desire for personal development. Create a platform or space—whether online through social media groups, forums, or in-person gatherings—that centers around this shared interest. For instance, if it's a passion for environmental conservation, initiate events like clean-up drives, workshops on sustainable living, or discussion forums on environmental issues.

## Building a Supportive Community

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2. Facilitate Communication and Engagement: Encourage active participation and engagement within the community. Promote open communication channels where members can share ideas, ask questions, and offer support. This could involve regular meetings, online discussions, newsletters, or forums. Engage members through activities, challenges, or projects that align with the community's interests or goals. For instance, a book club might host regular reading sessions or discussions, fostering connections among members through shared literary interests.

3. Cultivate a Welcoming and Inclusive Environment: Encourage an inclusive and welcoming atmosphere within the community. Enable diversity of thought, backgrounds, and experiences. Ensure that all members feel valued, respected, and heard. Address conflicts or issues that may arise openly and respectfully. Organize events or initiatives that celebrate diversity and encourage collaboration. Building a community where everyone feels included and appreciated is crucial for its growth and sustainability.

Building a community takes time and effort. Consistency, genuine interest in the well-being of the community members, and a clear vision of the community's purpose are key factors in its success and growth.



# **Balancing Personal and Professional Relationships**

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Balancing personal and professional relationships can be challenging but essential for a fulfilling life. Being clear on your wants and the type of relationships you want will help you find the balance.

Follow these steps and the accompanying activity to assist with creating a balance for relationships.

1. **Set Boundaries and Prioritize:** Define clear boundaries between your personal and professional life. Prioritize tasks and commitments in each sphere, allocating specific times for work and dedicated periods for personal relationships. Learn to say no when necessary to protect personal time.

2. **Effective Time Management:** Utilize time management techniques to maximize productivity in both personal and professional domains. Schedule dedicated blocks of time for work and quality time for personal relationships. Avoid multitasking during these dedicated periods to ensure focus and effectiveness.

3. **Open Communication:** Communicate openly with personal and professional contacts about your commitments and availability. This includes your family, friends, colleagues, and supervisors. Setting expectations regarding your availability and commitments helps manage everyone's expectations and minimizes conflicts.

4. **Quality Over Quantity:** Focus on the quality of time spent in both personal and professional relationships rather than sheer quantity. Ensure that you're fully engaged and attentive when you're present in each domain, cultivating meaningful connections.

## **Balancing Personal and Professional Relationships**

5. **Flexibility and Adaptability:** Remain flexible and adaptable. Sometimes, unexpected situations or urgent tasks may require adjustments to your planned schedule. Being adaptable helps manage these changes without causing undue stress or strain on relationships.
6. **Self-Care and Boundaries:** Prioritize self-care to maintain mental and emotional well-being. Establish boundaries that protect personal time for relaxation, hobbies, and activities that rejuvenate you. Taking care of yourself allows you to be more present and engaged in personal and professional relationships.
7. **Regular Check-Ins and Reflection:** Regularly assess how you manage personal and professional relationships. Reflect on maintaining a healthy balance and adjusting your approach as needed. Check-ins with yourself and those close to you can help identify any imbalances early on.

Achieving a perfect balance might not always be feasible, but striving for a harmonious integration of personal and professional aspects of life is key to overall satisfaction and well-being.

# Balancing Work and Personal Relationships

## Activity

Where do you spend most of your time? Chances are if you find yourself canceling plans with friends to work on a project or to get one more done. You are leaning more towards work relationships.

For the next month, track your time by journaling what you do daily.

Steps to journaling:

1. Take about 20 minutes at the end of the day and answer the following questions. (Note: be sure to date your entries EX: Tuesday, January 3, 2024.)
  - a. What did you do today?
  - b. Who did you interact with? Are they work relationships or personal relationships?
  - c. Are there any major projects at work that you must devote more time than usual to?
  - d. What did you do during your wand downtime after work? What do you do during your free time if there is no work?
  - e. How do you feel about how you spend your time?
2. After finishing your entries for a week, reflect on how you spent your time and decide if you feel comfortable with where most of your time was spent.

During this activity, do not make changes to how time is spent. The goal is to see your habits first, then adjust when you need to lean into work or personal relationships more.

On the next page is a habit tracker; however, you can use a separate journal to do this activity.













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*Chapter*

**5**

**Taking Action and  
Implementing  
Change**

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## Crafting an Action Plan

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Change doesn't happen overnight. It requires work and consistency. You will not get it right on the first try, and that's completely understandable. You are a work in progress and taking the right steps.

Your action plan starts with deciding on a specific goal to work towards. When you transition, attempting to work on everything equals burnout and feeling overwhelmed. Start with one specific goal first in both your personal and professional life.

Remember the brainstorming session you did in chapter two. You will choose one goal related to your personal life and one from your professional life. Then, write down all the steps to achieve these goals.

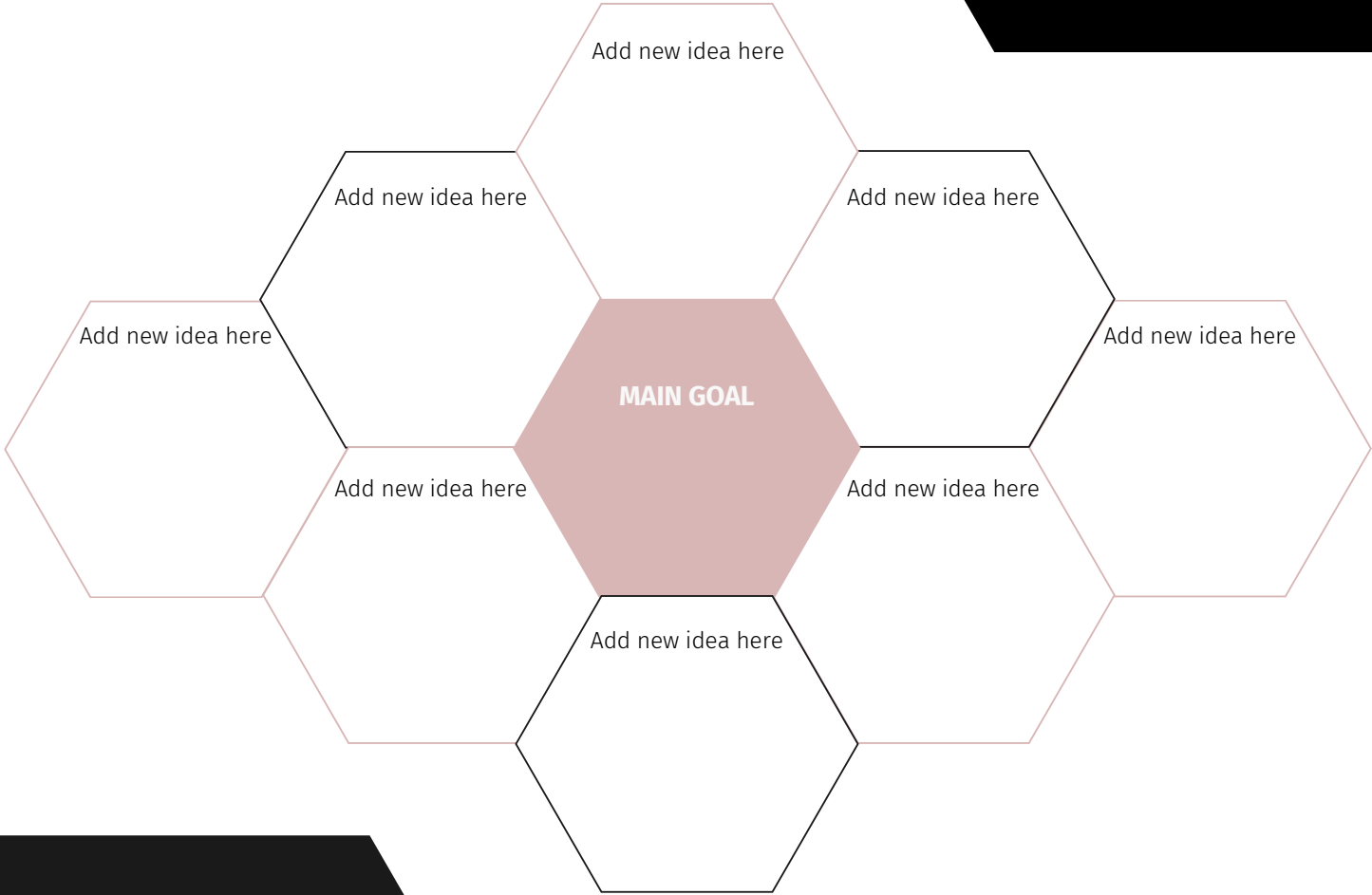
Note: Most of this work should be done if you completed the elite goals activity. If so, follow the plan you've already created. You can also use the mind map on the next page to refine your previous action plan.

“If you fail to plan. You plan to fail.”

Benjamin Franklin

**Personal Goal**

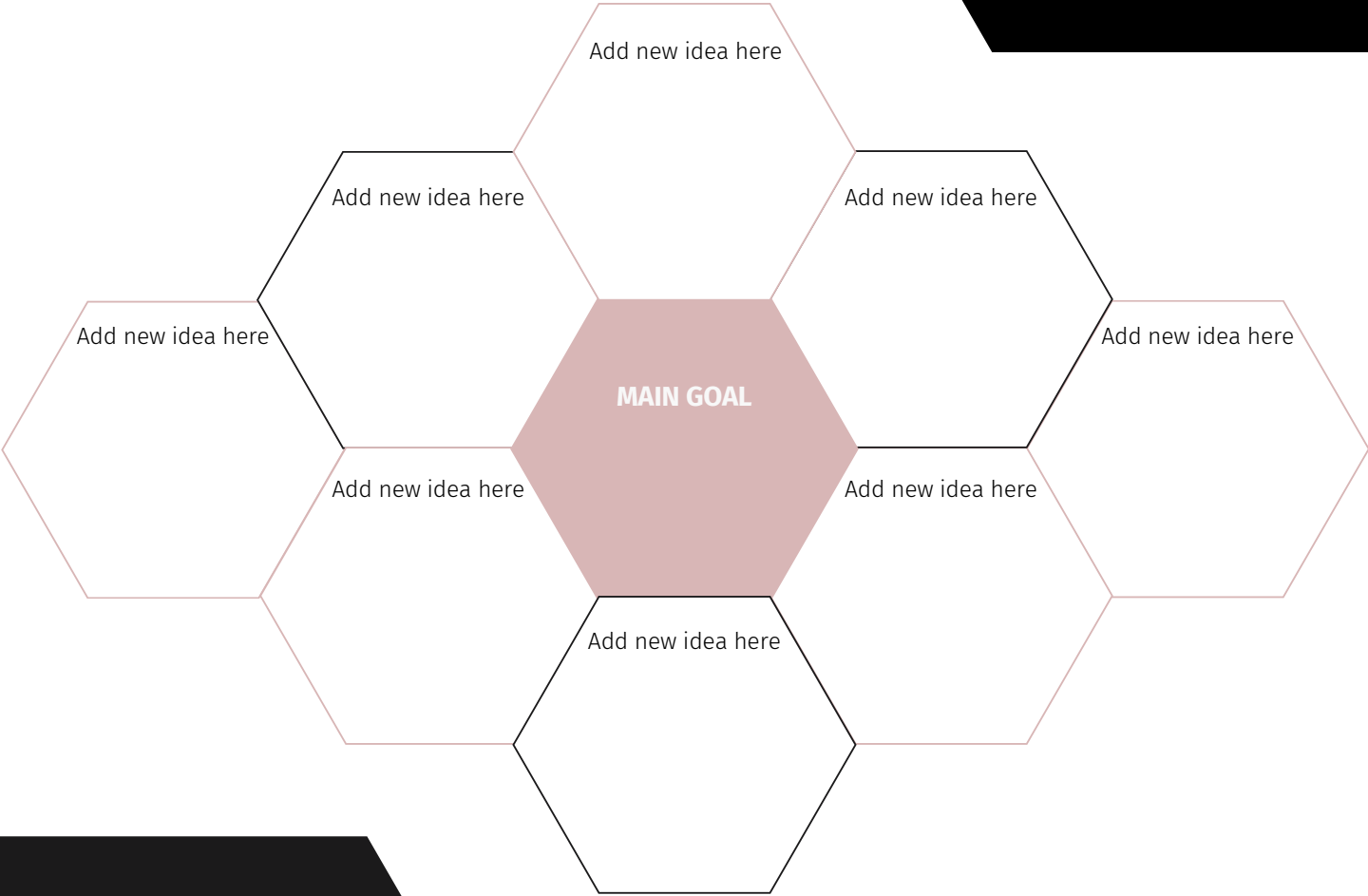
**MIND MAP**



**Personal Brainstorming**

# Professional Goal

# MIND MAP



# Business Brainstorming

## Crafting an Action Plan

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Pull up your calendar (physical or digital) and write down due dates of when these action items must be due. Be realistic about the time you can dedicate to each task.

Note: This is an example of brainstorming and creating an action plan. There are several ways you can create your plan. Do what works for you. Treat it like a project at work. How do you manage your employees or coworkers? What do you do to get them to take action?

Do the same for yourself.



“Fail Early. Fail Often. Fail Forward”

Will Smith

# Implementing Changes Gradually

Implementing change gradually can effectively ensure lasting and manageable progress in both personal and professional lives.

Here's a step-by-step approach:

- 1. Define Clear Objectives:** Clearly define what changes you want to make. Break down your goals into smaller, achievable steps. Whether it's a new habit, a career shift, or personal growth, having specific objectives helps guide your actions.
- 2. Start Small:** Begin by making small, manageable changes. For instance, if you aim to incorporate daily exercise into your routine, start with a short workout a few times a week and gradually increase the duration and frequency as it becomes a habit.
- 3. Consistency is Key:** Focus on consistency rather than intensity. Implementing small changes over time is more effective than sporadic, large-scale efforts. For instance, if you're trying to improve your professional skills, dedicating consistent time each day or week for learning will yield better results than occasional intense study sessions.
- 4. Set Realistic Timelines:** Establish realistic timelines for each stage of change. Understand that progress might vary, and setbacks are a natural part of the process. Adjust your timeline accordingly while staying committed to your overall goal.
- 5. Monitor and Evaluate:** Regularly monitor your progress. Keep track of the changes you're implementing and evaluate their impact. Assess what's working well and what might need adjustment. This evaluation allows for course correction and keeps you motivated by acknowledging your progress.

## Implementing Changes Gradually

6. **Build a Support System:** Surround yourself with people who support and encourage your efforts. Whether it's friends, family, mentors, or colleagues, having a support system can provide motivation and guidance during times of change.

7. **Celebrate Milestones:** Acknowledge and celebrate milestones along the way. Recognizing your achievements, even small ones, can boost motivation and reinforce the positive changes you're making.

8. **Be Patient and Flexible:** Change takes time, and it's essential to be patient with yourself. Accept that progress might not always be linear. Be open to adapting your approach as you learn more about what works best for you.

Gradual change is about building sustainable habits and making adjustments that become integrated into your lifestyle. It's a process that requires patience, perseverance, and a willingness to learn and adapt.

# Tracking Progress and Adjusting Strategies

Tracking progress in change and adjusting strategies involves a combination of reflection, measurement, and adaptability.

1. **Define Clear Metrics:** Establish specific metrics or indicators that align with your goals. These could be quantitative (frequency, duration, numbers) or qualitative (like improved skills and better relationships). For example, if your goal is to improve productivity, you might track the number of tasks completed or the time to finish specific projects.
2. **Regular Assessment:** Set regular intervals for assessing your progress. This could be weekly, monthly, or based on the timeline you've established for your change. During these assessments, compare your actual progress against the predefined metrics. Reflect on what's working, what's not, and why.
3. **Keep a Journal or Log:** Maintain a journal or log to record your journey. Note down successes, challenges faced, lessons learned, and any adjustments made to your strategies. This documentation helps in understanding patterns and trends in your progress.
4. **Solicit Feedback:** Seek feedback from mentors, peers, or those affected by the change. Others' perspectives can provide valuable insights that might not be apparent. Listen to their observations and suggestions for improvement.
5. **Adaptability:** Be flexible and open to adjusting your strategies. If certain approaches are not yielding the expected results, be willing to pivot. Consider alternative methods or new approaches based on the insights gained from your assessments.



## Tracking Progress and Adjusting Strategies

6. Celebrate Achievements and Learn from Setbacks: Acknowledge and celebrate milestones achieved. Take time to appreciate the progress made, no matter how small. Similarly, learn from setbacks or areas where progress has been slower than anticipated. Use these experiences as opportunities to refine your strategies.

7. Iterate and Refine: Continuously iterate and refine your strategies based on the insights gathered. Implement changes gradually and assess their impact. Don't be afraid to experiment with new approaches that suit your goals better.

8. Stay Committed to the End Goal: While adjusting strategies is crucial, stay committed to the overarching goal. Sometimes, changes take time to manifest results, so avoid abandoning a strategy prematurely without giving it sufficient opportunity to work.

By consistently evaluating your progress, staying adaptable, and adjusting strategies based on your assessments, you can navigate change more effectively and increase the likelihood of success in achieving your goals.

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6

**Conclusion**

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## RECAP OF KEY POINTS

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Have you noticed a theme in this book? You have everything you need to go through this transition, whether personal, professional, or both. Be clear on your vision, be intentional, and measure what is working and what's not. Your feelings of needing more are valid; you will no longer suppress or ignore them. You will believe in yourself and use what you possess to create the life you want to live.

By reminding yourself of your potential, the achievements you made, the deals you've handled, the people you connected with, and so much more, you are empowering yourself to work just as hard for yourself as you do for others.

This book emphasized self-awareness, goal setting, resilience building, community engagement, and adaptable implementation as vital components in building personal and professional growth.

You will do the work if ready to go through this transition.

“  
You have  
everything you  
need to be  
successful

DeAndra Giselle



## ENCOURAGEMENT AND EMPOWERMENT

You didn't pick up this book by accident; you are prepared to make changes. I applaud you for taking a step towards transition.

Remember who you are and who's you are.

“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”

Jeremiah 29:11

“But He has said to me, “My grace is sufficient for you [My lovingkindness and My mercy are more than enough—always available—regardless of the situation]; for [My] power is being perfected [and is completed and shows itself most effectively] in [your] weakness.” Therefore, I will gladly boast in my weaknesses, so that the power of Christ [may completely enfold me and] may dwell in me.”

2 Corinthians 12:9

When you feel uncomfortable and defeated, go to the Word of God. You are not in this alone, even when your community isn't readily available.

Through my experience, I have found that when no one is available to give advice, God wants me to be still and come directly to Him. I can't stress this enough: put God first! Make Him the CEO of your business. Consult with Him regularly and be still to listen to the Holy Spirit's guidance. You will never be steered wrong.

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*Chapter*

7

**Additional  
Resources**

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## **Recommended Books, Websites, and Tools**

Your mind and body must continually be engaged in the transition process. Reading books and listening to podcasts helps keep your mind active and motivated to keep pushing through.

### **Favorite Podcasts:**

Life After Beauty School- DeAndra Giselle

Successful Women Think Differently- Valorie Burton

I will Teach you To Be Rich- Ramit Sethi

The Marie Forleo Podcast- Marie Forleo

On Purpose with Jay Shetty

### **Favorite Books:**

We Should All Be Millionaires- Rachel Rodgers

It's About Time- Valorie Burton

Running on Empty: Overcoming Burnout, Exhaustion, Weariness

Everything is Figureoutable- Marie Forleo

Successful Women Think Differently- Valorie Burton

Year of Yes- Shonda Rhimes

Believe Bigger- Marshawn Evans Daniels

Sis Is It You?- Tiffynee Renee

## Recommended Books, Websites, and Tools

### **Further Learning Opportunities**

Learning is an ongoing process, and we never stop learning and growing! Here are some opportunities to continue to learn and grow together.

**Be a part of the transformative community through:**

DeAndra Giselle YouTube

My website for updates on online courses, in-person and virtual events, and more.

Connect with me on social media LinkedIn, and Instagram.



Thank You